



Positive change through gardening and connecting with nature.

Dear SAIS Community

We are proud to announce the opening of our 'Therapy Garden' for staff and students to use during school term. The Therapy Garden is a horticulture that uses gardening to generate positive change and wellbeing. Research has shown that spending time outside is good for our bodies and our minds.

What is a "Therapy Garden"?

The Therapy Garden is a beautiful and peaceful site at the heart of our school. Our tranquil garden has been designed with accessibility in mind and includes wheelchair friendly pathways, vegetable and flowerbeds, sensory areas, and quiet spaces.

What does the "Therapy Garden" offer our students?

Our Therapy Garden offers students the chance to educate and develop practical, vocational skills:

The garden provides a context for understanding seasonality and life cycles.

It's an opportunity to work cooperatively on real tasks.

Students understand the role of food in life – the garden allows us to improve nutrition and highlight healthy foods.

Gardens provide opportunities for community involvement – a link with neighbours, volunteers, parents and community businesses.

A garden offers opportunities to teach life skills such as gardening and cooking.

Students value the garden – their sense of pride and ownership discourages vandalism.

The garden offers opportunities for students to practice their observation skills.

The garden offers opportunities to integrate curriculum across subject areas.

In the garden, students can observe all of the principles of ecology in practice.

The skills and messages students learn about healthy food in the school garden can be transferred back to their home

The Therapy Gardens offers social and therapeutic horticulture to students with a range of physical disabilities, learning difficulties and mental health challenges.

Moving your body regularly is an effective way to boost mood and lower anxiety, and gardening offers "no shortage of opportunities for physical activity,"

What will students do in the Therapy Garden?

Students will care for the garden and grow what they like. Choose flowers, plants, fruits, and vegetables to grow based on "what you want to eat or what you like looking at,". We recommend students "Grow something that's easy and that grows quickly, like a radish or lettuce." The ease and quick reward will be motivation to stick with it for students.

We hope you can support your child and occasionally contribute with seeds and plantation for our Therapy Garden. We will send out regular newsletters to keep you all informed.

Regards

The SAIS Gardening Team

